Strengthen your career

Turn your passion for fitness into a profession. Get the specific technical skills and knowledge required to succeed, with subjects including anatomy and physiology, client screening and fitness assessment, basic first aid, exercise programming and nutrition, and equipment maintenance and risk analysis. This qualification will equip you with the necessary skills to work as a fitness instructor in a community or fitness facility.

LOCATION/S
Alexandra Hills, Bracken Ridge, South Bank

DURATION
Part time: 17 weeks / 2 nights per week
Full time: 9 weeks / up to 4 days per week

Entry requirements
This qualification has no formal entry criteria however TAFE Queensland Brisbane has the...more online

Resources required
It is recommended that students have access to a reliable internet connection to access TAFE Queensland's online learning...more online

What are my payment options
No matter what your circumstances, TAFE Queensland Brisbane has a payment option to suit you. If you are unsure of what's right for you, call us on 1300 712 037. We're here to help.

FULL FEE | $3,250
This is the total cost of the course.

SUBSIDISED | $1,590
The Queensland Government will offset the cost of study for eligible students. You will still need to pay for a portion of your study costs. The amount above is what you will need to pay.

CONCESSION | $1,035
You are eligible for the concession price of a course if you are eligible for subsidised training, and are listed on an Australian Government Low Income Health Care Card or Pensioner Concession Card, if you are Aboriginal or Torres Strait Islander, you hold a Department of Veterans' Affairs Pensioner Concession Card, or if you have a disability. Further information about concessions.

Accurate as at 4 May 2018. For the latest information see: tafebrisbane.edu.au/course/16926

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### University pathways

If you want to go on to further study at university, TAFE Queensland has a pathway option to get you there. In many cases, completing one of our diplomas will give you a full year of credit towards a degree with one of our partner universities. That means cutting down the amount of time you need to complete your degree, or even enrolling straight into the second year of your university course.

More info: [Learn more about University Pathways](#)

Our pathway partners include:

![University Pathway Partners]

### Job prospects
- Sports And Fitness Workers
- Gym Instructor
- Fitness Instructor

### Outcome
- SIS30315 Certificate III in Fitness

### Units
The successful achievement of this qualification requires you to complete all core and 7 elective units as per the list below. Electives may differ between TAFE Queensland locations and regions.

<table>
<thead>
<tr>
<th>Code</th>
<th>Name</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>SISFFIT001</td>
<td>Provide health screening and fitness orientation</td>
<td>Core</td>
</tr>
<tr>
<td>SISFFIT002</td>
<td>Recognise and apply exercise considerations for specific populations</td>
<td>Core</td>
</tr>
<tr>
<td>SISFFIT003</td>
<td>Instruct fitness programs</td>
<td>Core</td>
</tr>
<tr>
<td>SISFFIT004</td>
<td>Incorporate anatomy and physiology principles into fitness programming</td>
<td>Core</td>
</tr>
<tr>
<td>SISFFIT005</td>
<td>Provide healthy eating information</td>
<td>Core</td>
</tr>
<tr>
<td>SISFFIT014</td>
<td>Instruct exercise to older clients</td>
<td>Core</td>
</tr>
<tr>
<td>SISXCCS001</td>
<td>Provide quality service</td>
<td>Core</td>
</tr>
<tr>
<td>SISXFAC001</td>
<td>Maintain equipment for activities</td>
<td>Core</td>
</tr>
<tr>
<td>SISXIND001</td>
<td>Work effectively in sport, fitness and recreation environments</td>
<td>Core</td>
</tr>
<tr>
<td>BSBRSK401</td>
<td>Identify risk and apply risk management processes</td>
<td>Elective</td>
</tr>
<tr>
<td>HLTADM003</td>
<td>Provide first aid</td>
<td>Elective</td>
</tr>
<tr>
<td>HLTWH501</td>
<td>Participate in workplace health and safety</td>
<td>Elective</td>
</tr>
<tr>
<td>SISFFIT006</td>
<td>Conduct fitness appraisals</td>
<td>Elective</td>
</tr>
<tr>
<td>SISFFIT025</td>
<td>Recognise the dangers of providing nutrition advice to clients</td>
<td>Elective</td>
</tr>
<tr>
<td>SISFFIT026</td>
<td>Support healthy eating through the Eat for Health Program</td>
<td>Elective</td>
</tr>
<tr>
<td>SISXFAC002</td>
<td>Maintain sport, fitness and recreation facilities</td>
<td>Elective</td>
</tr>
</tbody>
</table>

### Disclaimer
Not all electives available at all campuses

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### Apply through QTAC

Making TAFE one of your top QTAC preferences is a great way to maximise your career choices and gain the hands-on skills you need to operate in the real world.

We offer hundreds of pathways to university, including dual awards, credit arrangements with some of the country's top universities, and options to increase your OP so you can gain entrance to the tertiary course of your dreams.

More about applying through QTAC

### Recognition of prior learning

Fast-track your way to a formal qualification by earning credit for the things you already know. Getting recognition for the skills you've gained from the workplace or previous learning means less study time for you, and getting the paper to prove you're qualified a whole lot sooner.

Make your future happen

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CRICOS 03020E